

# Fitness routine

<b>Monday</b>	<ul style="list-style-type: none"><li>● Interval training (10 x 1km runs)</li></ul>
<b>Tuesday</b>	<ul style="list-style-type: none"><li>● 40min gym session</li><li>● 80min run</li></ul>
<b>Wednesday</b>	<ul style="list-style-type: none"><li>● Rest</li></ul>
<b>Thursday</b>	<ul style="list-style-type: none"><li>● Interval training (5x1km runs)</li></ul>
<b>Friday</b>	<ul style="list-style-type: none"><li>● Rest</li></ul>
<b>Saturday</b>	<ul style="list-style-type: none"><li>● Up to 100min run</li></ul>
<b>Sunday</b>	<ul style="list-style-type: none"><li>● Up to 1hr easy run</li></ul>

Source: BANJAMIN QUEK  
STRAITS TIMES GRAPHICS